



Issue No. DHG173

Conz Street CHRONICLE

NEWSPAPER OF NORTHAMPTON SENIOR SERVICES & SENIOR CENTER

May 2015

67 Conz St., Northampton, MA 01060

website www.northamptonma.gov/713/Council-on-Aging and Like us on Facebook - Northampton Council on Aging & Senior Center

Northampton Senior Services & Senior Center
67 Conz Street
Northampton, MA 01060
(413) 587-1228

www.northamptonma.gov/713/Council-on-Aging

Hours:
Monday-Friday
8:15-4:00

NCOA
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Handyman/Van Driver
413-587-1229

Bob Kies,
Building Maintenance

Sean Romanski,
Fitness Center Assistant

Anthony Neverson
Fitness Center Assistant

Please donate to "Kick the Tires" Van Campaign
Your donations will assist in the purchase of a new van for transportation for the seniors in our community

13th Annual Health & Safety Fair Come one, Come All

Join us for this exciting event to be held on Thursday, May 7th from 10:00 am -2:00 pm. There are over 60 exhibitors to provide you with a wide variety of information, displays and demonstrations. Here are a few of our exhibitors:

Calvin Coolidge Nursing and Rehabilitation Center
Highland Valley Elder Services
Highview of Northampton
Jon Steinberg
Optical Studio
ANJOS (Interim Healthcare)
RSVP of Hampshire and Franklin Counties
Casa Latina
Valley Pain Relief
Dr. Jeffrey Soley
Balin Eye Center
Cooley Dickinson Healthcare
Arbors at Amherst
Reidy Medical Alarm
VNA & Hospice Alliance of Cooley Dickinson Hospital
Comprehensive Home Care
O'Connell Senior Living
and so many more...

Please join us for a great day!

Celebrating Older Americans Month with Special Programs & Events Please Join us!

Volunteer Recognition Luncheon Sunday, May 3rd at 11:30

An event to honor our dedicated volunteers. In 2014 volunteers at Senior Services and Senior Center contributed 13,013.91 hours which has a dollar value of \$362,024.56.

Funeral Planning Presentation Monday, May 4th at 10:00

Join us to learn about ways to work together with your family to plan your funeral.

13th Annual Health and Safety Fair Thursday, May 7th from 10-2

Featuring more than 60 exhibitors.

Heart Attacks: Men vs Women Tuesday, May 12th from 10-12

Presented by Lisa Steinbock, Public Health Nurse for the City of Northampton

Elder Law Essentials-Taking Control of your Future: A Legal Check-Up - Wednesday, May 13th at 10:00

With Attorney Marilyn Schmidt and sponsored by the Massachusetts Bar Association

Special "Group Sings" Wednesday, May 13th at 3:00 pm and 7:00 pm

with Ken Muiri and Roy Faudree

Featuring song standards from the 20th Century American Songbook and a little rock 'n roll.

Successful Retirement Presentation Thursday, May 14th from 10 - 12

Come and learn the cornerstones of a successful retirement and possible ways to minimize taxes on your social security and more.

SNAP Myth's Presentation Friday, May 15th from 10-12
Presentation sponsored by the Food Bank of Western Massachusetts

Brain Safety and Bike Riding Friday, May 15th from 10-12
Presented by Mary Collier

Dancing With Seniors Friday, May 15th from 2-3
Sponsored by Highview of Northampton and taught by a professional dancer.

Northampton Senior Center Open House Sunday, May 17th from 1-3

Meet the staff, tours, displays and demonstrations, entertainment, refreshments. Come check us out!

Life Enrichment Expo Tuesday, May 19th from 11-3
Visit our booth at the Expo at the Basketball Hall of Fame in

Springfield.

"Tea for Two" Friday, May 22nd at 2:00

Featuring actress Elaine Bromka. Event sponsored by Calvin Coolidge Nursing and Rehabilitation Center.



"Kick the Tires" Van Campaign Donors

Donations in any amount are gladly accepted to support the "Kick the Tires" Van Campaign

Edwina Zebrowski
James Diggins and Family in memory of daughter Kelley and wife Eileen Diggins
Maureen Sienkiewicz in honor of "my husband Peter for his hourly struggle with Alzheimers"

Kick the Tires in Memory of Barbara Vacchelli
Sylvia Kearney
Dora Onhilevich

Total Raised to date
\$58,638.80

Please make a contribution today!
We are almost there!

Thank You!



Where To Find Help- *Information about Local Services Available - Call 413-587-1228 for details*

Caregiver Grants: Senior Services of the City of Northampton in conjunction with Left Hand Benefits, has implemented a grant program available to primary caregivers of individuals 60 and over through the Neil McManus Memorial Fund. Grant applications are available through Senior Services of the City of Northampton, Highland Valley Elder Services and Franklin County Home Care. For more information contact Michele at 413- 587-1226.

Senior Gay Men’s Drop-in Group: The Senior Gay men’s drop in group meets Fridays from 1:00- 3:00 p.m. unless otherwise posted. This is a peer lead drop in group, registration is not required.

S.H.I.N.E (Serving Health Information Needs of Everyone) Appointments available most Thursdays 1:00 – 3:00 p.m., individuals must call 587-1228 to make an appointment.

Hampshire County Interfaith Help Fund: Interfaith emergency assistance is staffed by members of affiliated religious organizations and supported by the participating religious societies and by individual donations. Office hours are held at Senior Services of the City of Northampton Tuesdays only from 1:00- 3:00 p.m. No phone calls please. Walk-ins only. October through May

Medical Transportation program: Available for Northampton residents 60 + who have no transportation and do not have a formal support system such as, community living, retirement facility or family member who drives. Pre-registration is required to participate in the program. Contact Helen Roman Walters to pre-register at 413-587-1301.

Medical Equipment: Senior Services of the City of Northampton has a small collection of medical equipment that can be borrowed by any Northampton individual 60 and over for a small sanitizing fee. Please call 413-587-1228.

Brown Bag Food for Elders - Brown Bag pick up is the second Thursday of each month from 10:00 -11:00 a.m. unless otherwise noted. If you are unable to pick up your bag please arrange for

someone else to do so. Brown bags may contain perishable goods and Senior Services of the City of Northampton is unable to store your bag. If you are interested in participating in this program please contact the Western Mass Food Bank at (800) 247-9632 or drop by the Northampton Senior Center and pick up an application.

Free meals in the Northampton area:
Florence Congregational Church: (413) 584-1325
Northampton—MANNA Soup Kitchen—Elm St: (413) 584-1757
Northampton—MANNA Soup Kitchen—Main St: (413) 584-5500

Here are some programs that provide FREE* Emergency Groceries:
Florence Starlight Center Pantry: (413) 586-8255
Leeds—Soldier On Pantry: (413) 588-4232
Northampton—SRO Outreach Pantry: (413) 584-4457
Northampton—Northampton Survival Center: (413) 586-6564
Income and/or residency requirements may apply to pantries. If you would like a hot meal you may receive one, no questions asked, at any of the meal sites listed here. Please contact the program for details

If you are struggling with your food needs, you may also be eligible for the SNAP program (formerly Food Stamps), which provides money for groceries to low-income individuals and families.

Low Vision Support Group: The Low Vision Support Group meets the first Wednesday of the month, at Senior Services of the City of Northampton, March through December, from 12-2 p.m. unless otherwise noted. Call 587-1226 for more information contact Michele Dihlmann mdihlmann@northamptonma.gov

Medicare: All your Medicare questions can be answered by calling 1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048 for specific billing questions and questions about your claims, medical records, or expenses, visit MyMedicare.gov, or call 1-800-MEDICARE.

Massachusetts Senior Care Association: Helping you find the care in the community you need in Massachusetts call 617-558-0202 or e-mail www.maseniorcare.org

Community Resources and Advocacy (formally First Call for Help)
For information about food assistance, heating oil, housing, health care, and much more, call one of the following numbers:
(Hampshire County) 413-582-4237 or 1-800-339-7779

Hampshire Elder Law Program - Hampshire County Bar Association 15 Gothic Street, Suite 10 Northampton 413-586-8729, providing civil legal services to Hampshire County elders

Foreclosure Prevention: Home Corps Foreclosure Prevention & Post – Foreclosure Services. If you are struggling to pay your mortgage or are facing foreclosure, Community Action, in partnership with the Attorney General’s office is offering assistance by appointment only. Call for an appointment 413-582-4237

Social Security: How do I schedule, reschedule, or cancel an appointment?
We currently do not have an online appointment scheduler. However you do not need an appointment to file for benefits or appeal a disability decision. You can file for the following benefits online:
• Retirement
• Medicare
• Disability.
If you do not want to apply for benefits online, you can schedule, reschedule or cancel an appointment by:
• Calling us at 1-800-772-1213 (TTY 1-800-325-0778) between 7 a.m. to 7 p.m., Monday through Friday; or
• Contacting your local Social Security office. 200 High Street Holyoke ,MA (877)480-4989
Local Office at 200 High St. #2, Holyoke, MA (877) 480-4989

Foot Care: Dr. Michael Coby offers foot care on the third Wednesday of each month from 9:40 -

12:30 p.m. There is a \$ 25.00 fee for this service call 413-587-1228 to schedule an appointment.

Blood Pressure Clinic: Screenings are provided by the Cooley Dickinson Hospital Nurses Auxiliary the first Tuesday of each month from 10:00– 12:00. Open to the public, no appointment necessary.

Salvation Army: Emergency service available for Northampton individuals 60 years and over at the Northampton Senior Center by appointment. Call 413-587-1226 for more information.

PVTA Fares assistance: Senior Services of the City of Northampton program to assist qualified Northampton Seniors over 60 or disabled Northampton residents, with purchasing tickets for the PVTA, ADA & Dial-A-Van program. Applications available at the Northampton Senior Center.

Highland Valley Elder Services: Highland Valley Elder Services (HVES) is a private, not-for-profit corporation that serves seniors age 60 and older, their families and caregivers in twenty-four communities in Hampshire and Hampden counties of Western Massachusetts. To contact HVES call at, 413-586-2000.


Caregiver Support Group: This group is sponsored by Jewish Family Services of Western Massachusetts and will start Tuesday March 3rd at 10:00 am and each Tuesday 10:00 am at Northampton Senior Services & Senior Center, 67 Conz St. Please call Cathy Chandler at 413-455-1936 ext. 104 to register.

Watch the Conz Street Chronicle, Facebook (Northampton/COA), local media, and our website www.northamptonma.gov/713/Council-on-Aging for announcements of new programs, events and services.

New law in Massachusetts: Wipers on, headlights on!

Headlights to also be used 30 minutes before sunrise, sunset

Published 2:08 PM EDT Mar 30, 2015



BOSTON —A new Massachusetts law will soon requires drivers to turn headlights on when the vehicle's windshield wipers are needed.

The law, which goes into effect April 7, also says headlights should be in use 30 minutes before sunrise and sunset or when visibility is under 500 feet.

Drivers can be ticketed for failing to comply with the new headlight law, and it is considered a minor surchargeable traffic violation, which may result in increased insurance premiums.

Chapter 481 of the Acts of 2014 was approved in January.

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Northampton Senior Services & Senior Center
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Northampton, MA 01060
Phone: 587-1228 Fax: 587-1233
www.northamptonma.gov/713/Council-on-Aging and on Facebook/ NCOA

Conz Street Chronicle is a bi-monthly publication of Northampton Senior Services & Senior Center. The paper is delivered to more than 4,200 households. It is funded by donations, advertisers and the City of Northampton.

Conz Street Chronicle staff includes Jim Spencer, and occasional contributors, Senior Services staff as well as other city departments and organizations provide columns and information, along with Conz Street Chronicle staff. All work is published at the editor’s discretion.

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NCOA & SENIOR CENTER
MISSION STATEMENT

Northampton Senior Services & Senior Center, is dedicated to enhancing the quality of life for the City’s elders, ages 60 and over, with some programs and activities available to those 55-59 years of age. Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence. To meet this goal, Northampton Senior Services & Senior Center identifies needs and provides a range of programs, activities and services to address those needs. Northampton Senior Services & Senior Center, serves as a community focal point around issues of aging and is a liaison to local, state and federal resources for elders and their families.

WISH LIST



Cans of regular & decaffeinated coffee
White Board Markers
Fancy Tea Cups and Saucers
Rolls of Paper Towels
Jewelry-all types old & new
New items for the Gift Shop
Door-prize items
Dish and Laundry detergent
Gently used items for the Mini-Sale table

Many thanks to those who contribute items from our wish list!

Armed Forces *Family* Appreciation Day
Saturday, May 23, 2015
9:30 am – 5:00 pm
Look Park Dow Pavillion

FREE to all area veterans and their families

5k Road Race starts at 9:30 am
Race info/registration: 413-203-1479


Free Food, DJ & Live Music

Fun for the kids:
Face Painting, Balloons, Clowns, Look Park Train, Water Park Zoo, Lawn Games & much more!

Info booth available for all veterans

For more information: 413-587-1299

Meet One of the Staff...



Your work at the Senior Center-
I am Senior Services Assistant for Medical Transportation and the Fitness Center; I match participants, in need of medical transportation, with the Senior Services dedicated pool of volunteer drivers and I process memberships and orientations for new members of the Senior Services Fitness Center.

How did you get started?
I interned under the guidance with Michele Dihlmann in 2012 and I am happy to return with an official position amongst the great staff here!


What inspires you?
I am always amazed at the resilience, tenacity and diversity of today’s seniors; I see seniors as active individuals and an exceptional example of how to live life to the fullest!

Tell us about your education?
I currently hold a certificate in the field of Human Services; I am pursuing my degree at Holyoke Community College with and anticipated graduation in the spring of 2016.

What at the Senior Center inspires you?
The variety of programs and activities Northampton Senior Services & Senior Center offers and what the seniors offer back to the Senior Services, is truly a symbiotic relationship!

Parting thought:
I am truly appreciative of the opportunity that I have been given, to be working with the elder population, and I am happy to be able to give back to our community.

Meet a Father and Son Participants at the Senior Center...



Father & Son team at the Senior Center.
l to r: Nick Kachulis (Son) and Bill Kachulis (Father)

Nick Kachulis is a caregiver for his dad Bill who is living with Nick and his family in Florence. The Kachulis family went from “empty nesters” to a “full house” with the age range from 23 years to 93 years of age a little over a year ago. There are three generations living in the household, Bill (93), Nick, and Nick’s 23 year old son who also helps out with Bill’s care.

Bill Kachoulis previously walked two to four hours a day, and was strong and agile. In his younger days, Bill loved to dance and would do Greek dances as well as the Jitterbug. As years progressed, it became less and today, he comes to the Senior Center for Low Impact Class three times a week with his son Nick. Nick states that they come “to stay young and agile”. At 93, he needs some encouragement, but when he gets here, he perks right up and has a smile for everyone.

Nick is a musician who does cultural programs in schools and other areas. He is close by which enables him to go home and check in on Bill when everyone else is working outside the home. Nick’s wife works at UMass and has a schedule where she can telecommute and care for Bill if needed.

Nick stated, “extended family caring for my dad (Bill) has helped to keep Bill at home. Everyone is able to pitch in at one point or another and we are all happy about that.”

Nick and Bill were looking for indoor activities that would be beneficial for exercising. They visited the Senior Center about a year ago, participated in Gentle Chair Yoga and continue to participate when and where they can. Both Nick and Bill said, “The staff here is very welcoming and helpful. Participants in the programs are also helpful and enjoyable to be with.”

A parting thought from Bill was, “Just like it, try it out.” The parting thought from Nick was, “Invaluable place to come. The kindness shows from everyone we connect with. It energizes and brings a smile to Dad’s face.”

May 2015 Calendar of Programs and Events

Call Senior Services at 413-587-1228 if you have any questions or check the website at www.northamptonma.gov/713/Council-on-Aging
Please note that programs, dates, times may change or be canceled and fees may change without notice.

Programs requiring pre-registration are marked with a double asterisk symbol: *
please register before the first class.
Please note that programs requiring pre-registration may be canceled if minimum numbers are not met.

Friday May 1

8:20 Dynamic Fitness DVD
9:00 Spanish/English Computer Tutor
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach Program
12:30 Open Senior Bowling at Canal Lanes
1:00 Photo Club
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men’s Drop-in Group
1:30 Chess
2:45 Yoga

Monday May 4

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 End of Life Planning: How Does Yours Stack Up?
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:00 Spanish/English Computer Tutor
1:00 NeedleWorkshop
1:30 Contemplative Photography
1:30 Board Games

Tuesday May 5

9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
10:00 PVTa Photo ID
10:00 Blood Pressure Clinic
10:00 Life Stories Workshop: Session Four
12:00 Spanish/English Computer Tutor
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
7:15 Evening Yoga
7:15 Stargazing: Beginning
Observational Astronomy*

Wednesday May 6

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:15 Veteran’s Benefits Services
9:30 Low Impact 1
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap
12:00 Low Vision
12:30 Zumba Gold
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Strength & Stretch
2:45 Feldenkrais
GAMES ROOM CLOSED TODAY

Thursday May 7

10:00 Health & Safety Fair

NO PROGRAMS

Friday May 8

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men’s Drop-in Group
1:45 Strength & Stretch
2:45 Yoga

Monday May 11

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:00 Spanish/English Computer Tutor
1:00 NeedleWorkshop
1:30 Contemplative Photography
1:30 Board Games
2:30 Cooking with Calvin*

Tuesday May 12

9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
10:00 Life Stories Workshop: Session Five
10:00 Heart Attacks: Men Vs. Women
12:00 Spanish/English Computer Tutor
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
7:15 Financial Education: Outlook & Opportunities, Finding the Prevailing Winds
7:15 Evening Yoga
7:15 Stargazing: Beginning
Observational Astronomy*

Wednesday May 13

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography

9:30 Low Impact 1
10:00 Elder Law Essentials – “Taking Control of Your Future – A Legal Check-up”
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap
12:30 Cribbage
12:30 Zumba Gold*
1:00 Scrabble
1:00 Timeless Tunes @ Overlook
1:45 Strength & Stretch
2:00 Internet Basics: First Session*
2:45 Feldenkrais
3:00 Group Sing
7:00 Group Sing (Evening Session)

Thursday May 14

10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:00 Brown Bag
10:00 Chair Volleyball
10:00 Successful Retirement Presentation
11:30 3rd year tap
12:00 PC One on One Appointments
12:30 2nd year tap
12:30 SHINE- *By appointment only*
1:00 Readers & Thinkers:
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
1:30 NCOA Board Meeting
2:45 Tai Chi*

Friday May 15

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Brain Safety and Bike Riding
10:00 SNAP Myths Presentation
10:30 Low impact 2
10:30 Nutritional Outreach Program
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men’s Drop-in Group
1:30 Chess
1:45 Strength & Stretch
2:00 Dancing with the Seniors:
Sponsored by Highview
2:45 Yoga

Sunday May 17

1:00 Northampton Senior Center Open House

Monday May 18

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
12:00 Spanish/English Computer Tutor
1:30 Contemplative Photography
1:00 NeedleWorkshop
1:30 Board Games
1:30 Monday Movie Madness: Still Alice

Tuesday May 19

9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone*
10:00 Walking Group
10:00 Life Stories Workshop: Final Session
11:00 Life Enrichment Expo – Visit our booth at the Basketball Hall of Fame in Springfield
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
5:00 Commission on Disability
7:15 Evening Yoga
7:15 Stargazing: Beginning
Observational Astronomy*

Wednesday May 20

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
9:30 Foot Care Clinic
10:30 Low impact 2
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
12:30 Zumba Gold
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes hosts Golden Moments
1:45 Strength & Stretch
2:00 Internet Basics*
2:45 Feldenkrais

Thursday May 21

10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:00 Chair Volleyball
11:30 3rd year tap
12:00 PC One on One Appointments
12:30 2nd year tap
12:30 SHINE- *By appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO

2:45 Tai Chi*

Friday May 22

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 SNAP: By appointment only
10:00 Successful Retirement Presentation
10:30 Low impact 2
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men’s Drop-in Group
1:45 Strength & Stretch
2:00 “Tea for Two” – featuring actress Elaine Bromka. Sponsored by Calvin Coolidge Nursing & Rehabilitation
2:45 Yoga

Monday May 25

CLOSED FOR MEMORIAL DAY

Tuesday May 26

9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group
12:00 Spanish/English Computer Tutor
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
7:15 Evening Yoga
7:15 Stargazing: Beginning
Observational Astronomy*

Wednesday May 27

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Strength & Stretch
2:45 Feldenkrais

Thursday May 28

10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:00 Chair Volleyball
11:30 3rd year tap
12:00 PC one on one by appt
12:30 2nd year tap
12:30 SHINE- *By appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO

Friday May 29

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Low impact 2
12:30 Open Senior Bowling at Canal Lanes
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men’s Drop-in Group
1:45 Strength & Stretch
2:45 Yoga

Dial a Lawyer...

ONE DAY ONLY -

Tuesday, May 19, 2015
4:00 pm - 7:00pm

Call 413-782-1659
Free legal advice

Sponsored by the
Massachusetts Bar
Association

Highland Valley
Elder Services
WALK-A-THON
Saturday, May 16, 2015
9:00 am - 12:00 pm
Northampton High School
Track
Northampton, MA

Registration 9:00 am
Walk begins at 10:00 am
Rain or Shine
Refreshements and activi-
ties all morning

Benefits “Meals on Wheels”
Program
Call 413-586-2000 for
more information

REMINDER...

Please consider being a donor
to our
Donor Directory.
Your support allows us to
continue the
Conz Street Chronicle.
For more information contact
Joanne Brooks at
413-587-1227 or
email
jbrooks@northamptonma.gov

Senior Services Class Policies

- Participants are strongly encouraged to register at least one week prior to the start of a class or by the listed deadline
- Payment is due at the time of registration.
- We cannot accept \$100 bills.
- Unless the class is cancelled by the Senior Services, there is no refund once a registration is made.
- Make checks payable to: Senior Services, City of Northampton
- Please indicate what the payment is for.
- Participants must sign a liability waiver form for the City of Northampton if required for enrollment.
- For some classes, one trial class may be paid for on a single basis.
- In some cases, mid-month newcomers may pay for a portion of a month, otherwise participants must pay for each month in full. No drop-ins.
- Instructors will not charge for holidays or scheduled days off.
- Unless otherwise noted, if a refund is made there is a \$4 service fee.



City of Northampton
Commission on Disability
Tuesday, May 19, 2015
5:00 pm

Northampton Senior Center
67 Conz Street
Northampton, MA 01060
Public Invited

Board Games & Trivial Pursuit...

Board games and Trivial Pursuit will be available for play at the Northampton Senior Center. Both resident and non-resident seniors are welcome. All participants must have a senior center scan card.

On Monday afternoons at 1:30 pm, participants are invited to play any of the games in the Senior Center’s collection. Choices include popular favorites like Win, Lose or Draw, Scruples, Life, Sorry, Parcheesi, Scattergories, Monopoly, Clue and Pictionary. Participants are also welcome to bring their own favorite games.

On Tuesday afternoons at 1:00 pm, Trivial Pursuit will be set up for play. Several different editions are available, including the original game as well as the 20th Anniversary Edition. There are also different sets of cards available including the All Star Sports Edition and Silver Screen Edition.

Participants are welcome to bring other friends along who are seniors to play.

REMINDER...

Please remember to get a scan card to participate in any of the opportunities at the Senior Services.

After you receive your scan card, it is important to us that you scan in. This assists us with program attendance, statistical purposes and funding.
Thank you!

SAVE THE DATE!

Upcoming events for 2015 at Senior Services

- “Kick the Tires” Van Campaign updates each issue
- Mother’/Women’s Day Event - TBD
- Shred Day Saturday, June 6 - 9-12
- Father’s/Men’s Day Event - TBD

Volunteer Opportunities

by Crystal Cote-Stosz, Assistant Director

Volunteer Opportunities: May 2015

The Northampton Senior Center is currently taking volunteer applications for the following positions:

- Medical Transportation Drivers: Volunteers needed to transport seniors to medical appointments. Volunteers use their own vehicle and receive mileage. Insurance coverage supplemented under the City of Northampton. For more information please contact Crystal Cote-Stosz at 413-587-1313

-Special Event Volunteers Needed: Volunteer servers are needed for the 13th Annual Health & Safety Fair on Thursday May 7th 2015. The ideal volunteer enjoys working in a fast paced setting and has food service experience. For more information contact Crystal Cote-Stosz at 413-587-1313 or ccotestosz@northamptonma.gov .

For more information on volunteering at the Northampton Senior Center, contact Assistant Director, Crystal Cote-Stosz at 413-587-1313 or via email at ccotestosz@northamptonma.gov.

Senior Center volunteers logged 1,470 hours from March 16th – April 16th 2015
Thank You to everyone who volunteered!

May 2015 Artist Profile... Nancy Nickerson

by Crystal Cote-Stosz, Assistant Director

From the rivers to the hills, to walking the street of the cities to college campuses, you may find Nancy Nickerson capturing images of various things for her next painting project. Nancy has always enjoyed art work and has turned her love for water color painting to her favorite pastime. She has taken many 1 day classes to semester long classes and has developed her own style of painting.

Nancy is a local person, born in Northampton, lived in Easthampton, moved to Northampton for 30 years and now is back in Easthampton. She lives with her husband of 25 years, her daughter Wendy and her granddaughter Amanda. Nancy has had several occupations from: pumping propane, to becoming a LPN and working in the nursing field for 10 years, to becoming a Real Estate Broker. She has had her own business: The Real Estate Connection, in Florence for 17 years but now has decided that down scaling and working as a Realtor at Taylor Agency in Easthampton gives her more time to devote to her desired goal of painting beautiful pictures.

Nancy feels strongly that you should: do something worth writing about, write something worth reading, paint something's worth looking at or make beautiful music worth listening to.

Since Nancy is a Breast Cancer survivor of 9 years, she enjoys life and what she can offer to others. You can reach Nancy by phone at [413-695-7111](tel:413-695-7111) or by email at nancynick@aol.com.



Senior Services Meditation Garden Bricks Available With Your Own Personal Message Engraved

Bricks engraved with your personal message to be placed in our Frank and Mary Netto Meditation Garden are still available. Complete an order form which is available at the Senior Services reception desk. The message can be in celebration of someone, a special tribute, a memorial inscription or a special verse or quote. Once the brick is here, it will be secured in the Frank and Mary Netto Meditation Garden. The cost per brick is \$100.00. For more information contact Patricia Shaughnessy at 413-587-1231.

Visit Our Gift Shop
Open Monday - Friday
8:15 am - 4:00 pm

Greeting Cards, Scarves, Books,
Jewelry, Doll Clothes,
Stationary and so much more!

Thank You for Your Donations

Without your donations, the Senior Services would not be able to continue to provide the programs, activities, services and opportunities. Thank you to all who contribute!

Irene Czerapowicz in memory of Edward Gross

Thank You!

Items Donated to the Senior Services

Thank you to the following people, organizations and businesses for their generous donation to the Senior Services of the City of Northampton

Michael Goldman, Lynn Hicks, Sandra Stiles, Dan Moran, Susan Whitehurst, Noreen Trenner, Lynda Broadhurst, Kathie Suchocki, Rinate Schulte, David Specht, Kathleen Mosley, Cindy Baceski, Patricia Kellogg, Patty, Rita Lemke Many Thanks!

Benefits Counseling Manager Cynthia Tarail

Cynthia Tarail, MSW, hired in April, manages the Benefits Counseling and Application Assistance Program (BCAA). Cynthia was inspired to apply because Senior Services needed a social work-type to both work one to one with consumers and volunteers and be a community organizer starting a program from scratch--which she loves to do. She has worked in organizational development at non-profits including elder services and early childhood care and education. She enjoys getting people to work together toward their goals and is admiring the number and dedication of volunteers at the senior center.

Cynthia lives in the center of Montague just off the town common on a small lot bursting with gardens, backyard animals, and maple sugaring. She and her husband, Mark Lattanzi, who works as Promotions Director and Marketing Consultant for the Northampton Radio Group (WRSI, WHMP and Hits 94), have one daughter, Bella, who attends Amherst High.

Cynthia was born in Brooklyn, New York, and lived with her extended family on the very tip of Coney Island, next to the Coney Island Light, the last manually operated lighthouse in the United States. Cynthia's family went "back to the land" in Maine, living off the grid on a self-sufficiency farm, hauling wood and water and caring for livestock. Cynthia graduated from Vassar College, came to the Valley and worked in early childhood and then went back to school to earn her MSW in community organization and social research at the University of Connecticut in Hartford. One of her social work practicums consisted of elder at risk work for Franklin County Home Care Corp.

Between learning to cook whole foods and garden with her mother, and cooking traditional specialties with her grandmothers, she became passionate about fresh produce and spends a lot of time growing it, going to area farms for it and preparing it. Her favorite dish—something like a breakfast of just-picked asparagus and just-nicked eggs from her yard, creamy milk from Upinngil Farm, and bread with local wheat made by the Henion.

She has been living in Western Mass for over 25 years, loves the Valley, but misses the ocean. Her favorite spot is a granite shore on Barred Island off Deer Isle, Maine, looking out at the Camden Hills. You walk there via a mossy, wooded trail and a sparkling sand bar up which the waves gently zip at mid tide. Cynthia's husband Mark makes jewelry and has also taught their daughter Bella to create rings and things, so some of her favorite possessions are the pieces they have made for her. They sell his jewelry once a year at the North Quabbin Garlic and Arts Festival.

Cynthia is very glad to be on the team at Northampton Senior Services!



Cynthia Tarail

Benefits Counseling Application Assistance Volunteers Needed...

The Benefits Counseling Program trains volunteers to help senior homeowners and renters age 60+ apply for benefits like Fuel Assistance or SNAP, which can help seniors save money. Benefit Counselors provide information, referrals and application assistance for public benefits that can assist a senior to maintain their independence at home. Benefits counseling services are essential for understanding how to complete multiple, complex and confusing applications. Benefits Counselors are being recruited now; training will take place in May and June and then Benefits Counselors will be deployed to work with consumers this summer. Volunteers ages 18 and older are needed to provide this important service for seniors living in your community.

Benefits Counselors:

- Identify options for energy efficiency upgrades through the MassSave Program
- Provide basic information & referrals on how to apply for home improvement or home modification loans and grants through community resources
- Help with the application process and forms for public benefits
- Make referrals to agencies and organizations that may help seniors remain at home
- Educate people about resources

Benefits Counselors are volunteers like you, from Northern Hampden & Hampshire County towns who work in their own communities, going on site or home visits, to make a difference. Volunteers can create their own schedules and receive monthly mileage Basic computer skills are needed, access to and familiarity with the internet is a plus and a desire to help is all that's required.

For information on how to become a Benefits Counselor please call Cynthia Tarail at 413-587-1230.

Everyone is Welcome
At the Senior Center
Open House
Sunday, May 17, 2015
1:00 pm - 3:00 pm

67 Conz Street
Northampton, MA

Come meet the staff, tour the Senior Center, displays, demonstrations, entertainment and refreshments. Come check us out!

Shred Day Fundraiser

Saturday, June 6, 2015

9:00 am - 12:00 pm Rain or Shine

Northampton Senior Center

67 Conz Street Northampton, MA

No registration required

Northampton and surrounding communities invited

Shredding services courtesy of Valley Green
Shredding of Westfield For more information
contact Patricia Shaughnessy at 413-587-1231